ABSTRACT OF THE DISCLOSURE

A sleep monitoring apparatus adapted to be mounted on a human head of a patient having a front face and first and second sides with the front face having a mouth, a nose with nostrils therein and first and second eyes and first and second ears on the first and second sides comprising a movable headpiece adapted to be mounted on the head and engages the head above the eyes. An acoustical device is provided which is adapted to be positioned on the face in the vicinity of the nose and/or mouth of the patient and having at least one acoustic duct from receiving respiratory airflow from the patient. A sensor which is exposed to the acoustic duct is provided for sensing turbulence and/or pressure changes in the respiratory airflow in the acoustic duct and providing an electrical output. Electrical circuitry is carried by the headpiece for receiving the electrical output and for processing the electrical output to provide a real-time signal from the headpiece which is indicative of the breathing of the patient.